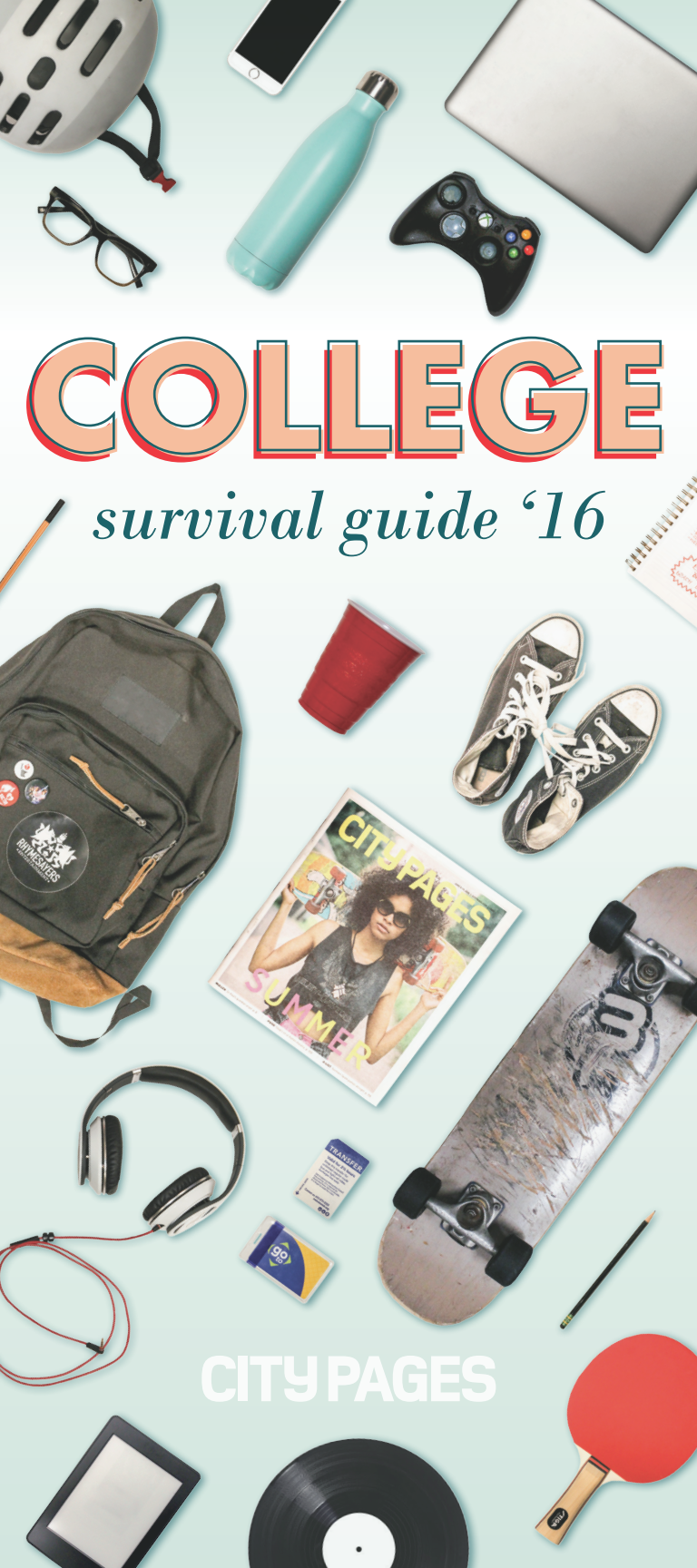


A collage of various college-related items including a helmet, glasses, a water bottle, a game controller, a laptop, a backpack, a red cup, sneakers, a skateboard, headphones, a magazine, a pencil, a tablet, a record, and a ping pong paddle, all arranged around the central text.

COLLEGE

survival guide '16

CITY PAGES



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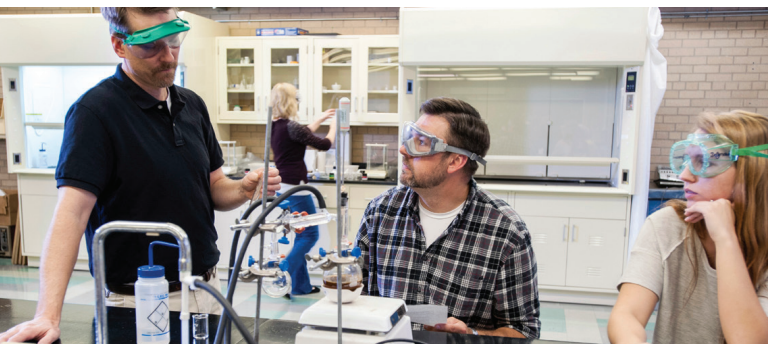
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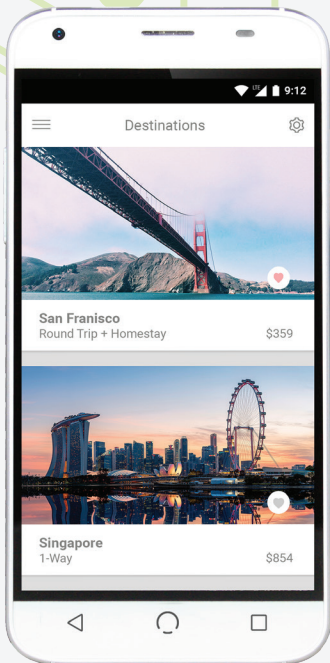
College Survival 101:

YOU'VE UNPACKED BOXES AND HAD YOUR FIRST DINNER WITH YOUR ROOMMATE. YOU'VE SEEN WHAT THE DREADED SHOWERS LOOK LIKE AND YOU'VE HUGGED YOUR PARENTS GOODBYE. IT'S TIME TO EMBARK ON THE NEXT PHASE OF YOUR LIFE—AND IT'S GONNA BE *FUN*. BUT IN ORDER TO GET OUT ALIVE, YOU'LL NEED TO LEARN—FAST. THINK OF THIS GUIDE AS CLIFFSNOTES® TO THE NEXT FEW YEARS OF YOUR LIFE. WE'LL REMIND YOU OF SOME OBVIOUS COLLEGE SURVIVAL SKILLS LIKE FINDING YOUR CLASSES BEFORE THE FIRST DAY, INTRODUCING YOURSELF TO YOUR PROFESSOR, AND STUDYING HARD AND OFTEN. BUT WE'LL ALSO GIVE YOU ADVICE SPECIFIC TO SURVIVING COLLEGE IN MINNESOTA, LIKE HOW TO SURVIVE WINTER AND DISCOVER COOL EVENTS. DON'T WORRY—WE'VE GOT YOUR BACK.

By Lindsay Sipe



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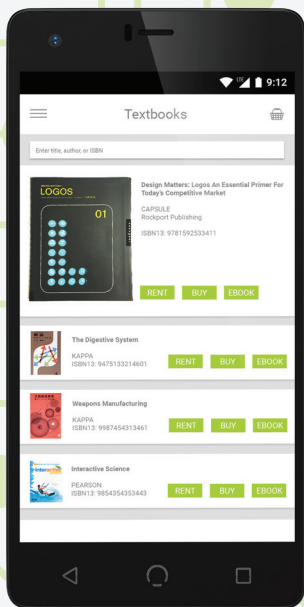


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How to: SURVIVE COLLEGE

Actually study.

Use a planner. Read the syllabus, get to know your professors, and don't skip class. This is all inevitable and you've heard it all before.

Make some friends.

You're in a community of people that are in the same boat as you. You'll be surprised at how different and similar other people your age can be. You're all starting with a blank slate so trust me when I say that everyone is uncomfortable. No one has it figured out yet (seriously, I promise), so strike up a conversation with that girl wearing your favorite band's tee or hold the door for that guy whose backpack is decked in rad patches.

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Get some sleep.

You'll eventually learn you're not invincible and you can't function on black coffee and three hours of shut-eye. That lifestyle just isn't manageable. Sacrifice a bit of sleep for some late-night memories or for a bit of studying, but don't make a habit of it. You're young, sure, but you still have to survive life.

Get a job.

You're on a budget, and if you're smart, you will be for the next decade. Sound intimidating? It doesn't have to be. Smart decisions can add up, like utilizing your meal plan if you have one (get creative with offerings to stay healthy), using public transportation with your student pass (Uber and Lyft rides add up quickly) and taking advantage of free or discounted happenings across the Twin Cities. Getting a job helps too. Get to know what your workload is like and come winter, you'll be able to manage a few hours a week working a security desk at the gym, restocking library books, or delivering late-night sandwiches on your bike. It's up to you.

Be spontaneous.

This is the perfect time in your life to really understand the phrase "throw caution to the wind." Spend your Thanksgiving break with your foreign exchange friend or trek down to the river at dawn with some roommates. No matter what you choose to do, break a few rules and figure out how to live stories worth retelling.



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Learn to cope.

You'll experience large amounts of stress in these next few weeks and years and it's vital to know how you handle it. Are you a stress eater? Add in a few workouts throughout the week to counter those late-night library snacks. Do you procrastinate when you get overwhelmed? Make some lists and plan a strategy. Does your anxiety keep you glued to Netflix? Know that everyone feels that way to some degree at times so learn to embrace the uncomfortable and step out of your box. And remember to breathe. This is how you will build your life and it's all in your hands now. But know that if it ever becomes too much for you, there are plenty of campus resources. It takes a lot of courage to reach out and ask for help, but it's so worth it. Never be ashamed, because you're learning more valuable life skills than just tangents and beer bong.

Explore other lifestyles.

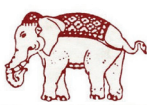
You're on your own now, making your own rules and developing your own personality. These next few years you'll be exposed to different cultures and people. Take the opportunity to learn as much as you can—go home with your roommate for Thanksgiving and see the East Coast, travel abroad to study something unrelated to your major. See movies you've never heard of, campaign for an issue you find yourself passionate about, try foods you think your grandpa would scoff at, join a club you don't ever have to tell anyone about, or cut your hair like you never thought you would. It's cliché, but you are discovering yourself and there's no better time than now.



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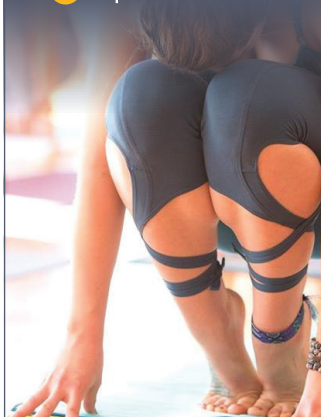
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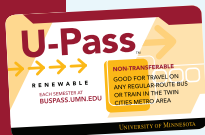
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The Land of 10,000 Lakes is rife with stereotypes. I'm sure you were familiar with most of them before you even toured the campus, but here are some important ones. Beware of the Minnesotan who declares your Friday night outfit "interesting" or "different"—this is passive aggressiveness at its finest. Proclaim your loyalty to the Cheeseheads if you must, but know that it will come at a price here in the land of Vikings. Familiarize yourself with the lingering Minnesota goodbye, order a pop, and uffda, before you know it you'll be mistaken for a local!

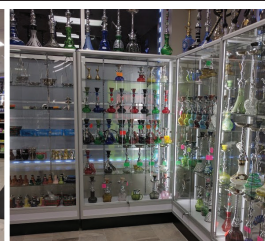
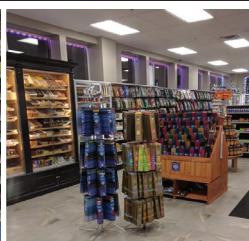
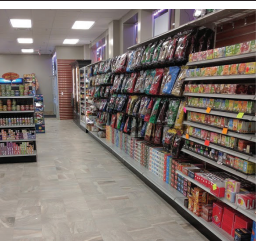
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Get a good winter coat.

This will be key—and if you think you know, you don't. Winters here are long—think *Game of Thrones*-long—and can be brutal, depending on global warming. You'll learn, but I'm warning you: layers are essential and down is your friend. Call grandma and ask for some wool socks and long underwear (basically running leggings and a wicking long-sleeve tee that you'll wear under your thrifted skinny jeans and concert tees). If your mom didn't panic at the thought of sending you to live by yourself in the tundra, call her and tell her you miss her. She'll need to hear that, and you'll need to ask for a down jacket that covers your butt. Learn to knit yourself a scarf and invest in some beanie hats (you'll lose at least one). At a minimum you'll need gloves, but know that there will be days when wearing some polar fleece-lined mittens is totally worth missing your Facebook feed updates at the bus stop.

Pursue friendships early.

I've learned from out-of-town friends that Minnesotans can seem standoff-ish. But college gives you an edge in the friendship market and is the prime-time for developing relationships with other people in your same situation. Social media is an obvious choice for connection, but don't be afraid to find someone IRL



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You'll hear a lot about our legends—Bob Dylan and the late great Prince—but you'll also see local music acts like Lizzo on late-night TV. Find some new local stuff and spread it like wildfire through your dorm. Check out a Fort Wilson Riot record, listen to famed Atmosphere, trek over to the Triple Rock, Amsterdam Bar & Hall or other music venue to hear something new from somebody trying to find their footing, and see famous touring bands in the mainroom at First Avenue underneath the Purple Rain star. We're nationally renowned for our visual and performing arts here, too, so scout out free or discounted college nights to stay involved.

Don't complain about the weather.

You'll hear plenty of people moan about our winters. Find some other miserable humans and go build a snow dinosaur. Smile and help a stranger shovel his car out. Turn a cardboard box into a sled and laugh all the way down a hill, then defrost with

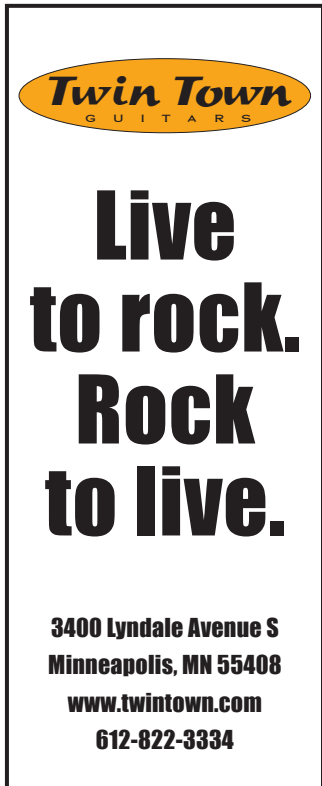


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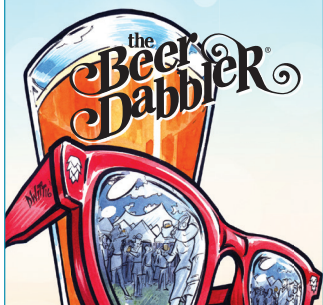
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a steaming mug of hot chocolate indoors. Cuddle up to binge-watch a few episodes of an addicting TV show with a group of friends and don't forget the snacks. Temperatures will dip below zero, snow will fall, your fingers will lose feeling on more than one occasion, and you'll definitely wipe out on the ice. You enrolled in school in The North...what did you expect?

Live for summer.

You'll [eventually] survive winter, but stay here for the dog days of June, July and August and you'll experience an entirely different Minnesota—one with a different music festival every weekend, lots of water activities, and traffic that you won't believe. We pay our dues for about six months of each calendar year sloughing it through snow, wind, and ice so enjoy the heatwave while you can with rooftops, BBQs and beach bonfires galore. But beware of the dreaded mosquitoes!

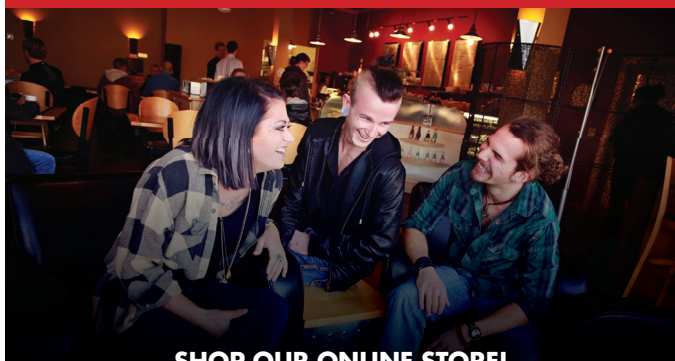
Become a local.

Scout out local-legend Scott Seekins, visit the Mall of America, picnic at Minnehaha Falls, Instagram yourself against the graffiti wall at local shop i like you, cruise the Greenway (an infamous bike path totally worth checking out). Minnesota may be fly-over territory for vacationers, but it's your new home. Explore!


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@exploreminnesota - 81k followers

@eatdrinkdishmpls - 28k followers

@humansofminneapolis - 4.5k followers

@clayton_farlow_the_bulldog - 29k followers

@minnstagrambingo - 226 followers

@meetminneapolis - 9.7k followers

@captureminnesota - 103k followers

@minnesotaproud - 20k followers

@umnpics - 14k followers

@mncommunity - 9.7k followers

#filter or #nofilter, these spots are worth an Instagram post

- | | |
|--|---|
| ☐ First Ave stars | ☐ Gold Medal Flour sign |
| ☐ Stone Arch Bridge | ☐ Bob Dylan mural |
| ☐ Mary Tyler Moore statue | ☐ Log Flume (Nickelodeon Universe) |
| ☐ Lake Calhoun sailboats | ☐ Minnehaha Falls |
| ☐ Target Field at sunset | ☐ Guthrie Theater views |



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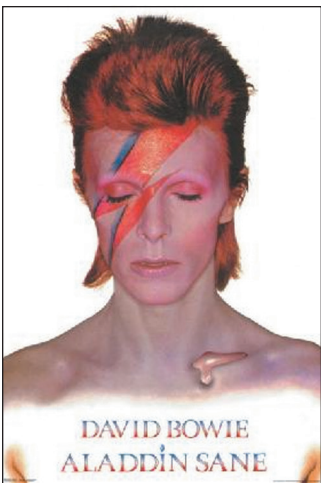
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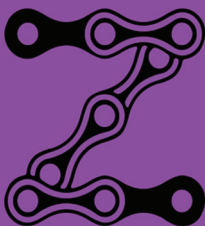


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